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U. S. DEPT. OF
AGRICULTURE



MAP

U. S. FOOD
ADMINISTRATION

DRIED PEAS AND BEANS

DO you know how many kinds of dried peas and beans there are? Of course you know the white navy and the lima bean, but the attractive red kidney beans are very good, too. So are many others—the pinto, or frijole, a mottled brown and white bean, the black or turtle soup beans—and the other more or less brightly colored beans from South America and the Orient. These beans are similar to the kidney bean and are now on the market in some of our cities. The cowpea is good and is used in large quantities in the South and the soy bean which was introduced from the Orient. Both of these require longer cooking and are often prepared differently from the other varieties, so their preparation is not included in this leaflet.

Dried peas come whole or split and may be green or yellow. They and the beans belong to the same plant family—the legumes—and they can be cooked and seasoned in much the same way. Try the different kinds on sale near your home and use a variety. Your family will like them if they are well cooked.

Dry ripe peas or beans have higher food value than the green unripe ones because they contain less water, or juice. A pint of the green ones either fresh or canned makes a good vegetable, while a pint of the dry peas or beans makes a hearty dish which may serve as the main part of a meal. Yet the pint of dry peas costs no more than a can of green ones.



TO COOK DRIED PEAS AND BEANS.

You can cook them all in the same way; then, after they are tender, they can be made into anything you wish—baked beans or peas, soup, a vegetable stew, a loaf, or a salad.

Soak for four hours or overnight in twice as much water as there are peas or beans. Cook in the water in which they are soaked unless it has an unpleasant taste. Add more water as it boils away. Cook from one to two hours, depending on the age and variety and on the purpose for which they are to be used. If they are to be served as a vegetable, do not let them get too soft. They are excellent cooked in a fireless cooker.

BEANS AND PEAS AS A VEGETABLE.

Cook as usual. Season with butter or oleomargarine or other fat, salt and pepper. Or serve with a cream or tomato sauce. These are delicious and inexpensive vegetables

SOUPS.

Black bean soup, split pea soup, cream of bean or pea, purée of beans and tomatoes—you can have all of these and many others. They are delicious, inexpensive, and easy to make. Many of them are so hearty that they can form the chief dish of a meal.

Soak and cook a pint of peas or beans as usual, but take more water, about 2 quarts, and cook until very soft. Then put them through a sieve. These mashed beans and peas are ready to be made into all kinds of soups by adding the various seasonings, water and milk, or stock enough to make 2 quarts. These soups should all have a little flour added to them as a binder to prevent the thick part from settling to the bottom. Mix thoroughly 2 tablespoons fat with 2 tablespoons flour, add a little of the hot soup, and stir until it is smooth, and add to the remaining soup, stirring to prevent lumping, and cook for about 10 minutes.

Black bean soup or split pea soup—To the pulp from 1 pint beans or peas, add enough water or stock to make 2 quarts. Thicken with flour as directed. Season with salt and pepper. The juice of a lemon and one-half teaspoon mustard adds to the flavor.

Cream of bean or pea soup—To the cooked and mashed pulp add enough milk to make 2 quarts of soup. Season and thicken with flour.

Purée or porridge of beans and tomatoes—Instead of milk, tomatoes may be used. Add a cup of canned tomatoes or three medium-sized tomatoes which have been cooked for 10 minutes and put through a sieve. If the porridge is too thick, add water or stock. Season and add the flour as directed.

Bean or pea soup with meat—The peas or beans are soaked as usual and cooked with the meat in four quarts of water instead of two. Use a soup or ham bone, or one-half pound of salt pork or any smoked meat, and cook until the beans are soft. Remove the meat and put the soup through a sieve. Season and thicken. The cooked meat cut in small pieces may be added to the soup. An onion, several stalks of celery or soup herbs are good cooked with the soup.

STEWES.

All the different varieties of peas and beans can be used with or without meat and with rice, vegetables, etc. See Leaflet No. 5 for more suggestions and recipes. Kidney bean stew is especially good. For the recipe see Leaflet No. 8.

BOSTON BAKED BEANS.

This is such an old favorite that it needs no recommendation.

Soak one quart beans and cook until tender, but not so soft that they will fall apart. If desired, one-fourth pound of salt pork may be cooked with them. When tender, add one-half teaspoon mustard, one tablespoon sugar or two tablespoons molasses, and one tablespoon salt. Bake in a covered dish for one and one-half hours, leaving them uncovered for the last 15 minutes.

Any of the other beans are good cooked this way and so are dried peas. Omit the molasses if peas are used. Either beans or peas can be boiled and baked in a fireless cooker.

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INSTEAD-OF-MEAT-LOAF.

2 cups cooked peas or beans.	1 tablespoon fat.
1 cup cooked rice.	$\frac{1}{2}$ teaspoon salt or 1 teaspoon if
1 cup bread crumbs.	the rice is unsalted.
1 egg.	$\frac{1}{8}$ teaspoon paprika.

Put the peas or beans through a sieve or grind in a meat grinder. Mix all the ingredients well. Form into a loaf and bake until brown. Or croquettes may be formed, rolled in bread crumbs and browned in the oven. Baste frequently with small amounts of liquid containing a tablespoon of fat to a cup of hot water.

SALADS.

Cook the beans and peas as usual until just tender. Let them get thoroughly cold. Add a little minced onion, celery, green pepper, or the same amount of shredded cabbage as there is beans or peas. Season with salt and paprika, and mix with the salad dressing. Serve on lettuce. A tomato stuffed with the mixture makes a delicious salad.

BEANS AND PEAS ARE VALUABLE FOOD.

They can be used in place of much of the meat we eat. They are rich in materials which the body needs—the body-building proteins, iron and some of the other minerals, and they give the body a large amount of fuel. It is not wise to use the beans and peas as our only protein food, however, and leave out milk, meat, or fish entirely. But many of us can use less meat which is more expensive and is needed to send abroad to our fighters and the Allies.

